COMING HOME

SID JACOBSON ERNIE COLÓN

What to expect, how to deal when you return from combat

Thank you

We owe a deep debt of gratitude to the service members at Walter Reed Army Medical Center, Bethesda Naval Hospital, and Marine Corps Base Quantico who gave generously of their time, thoughts, and memories to help make sure that this book is as accurate a portrayal of the service member's experience as it can be.

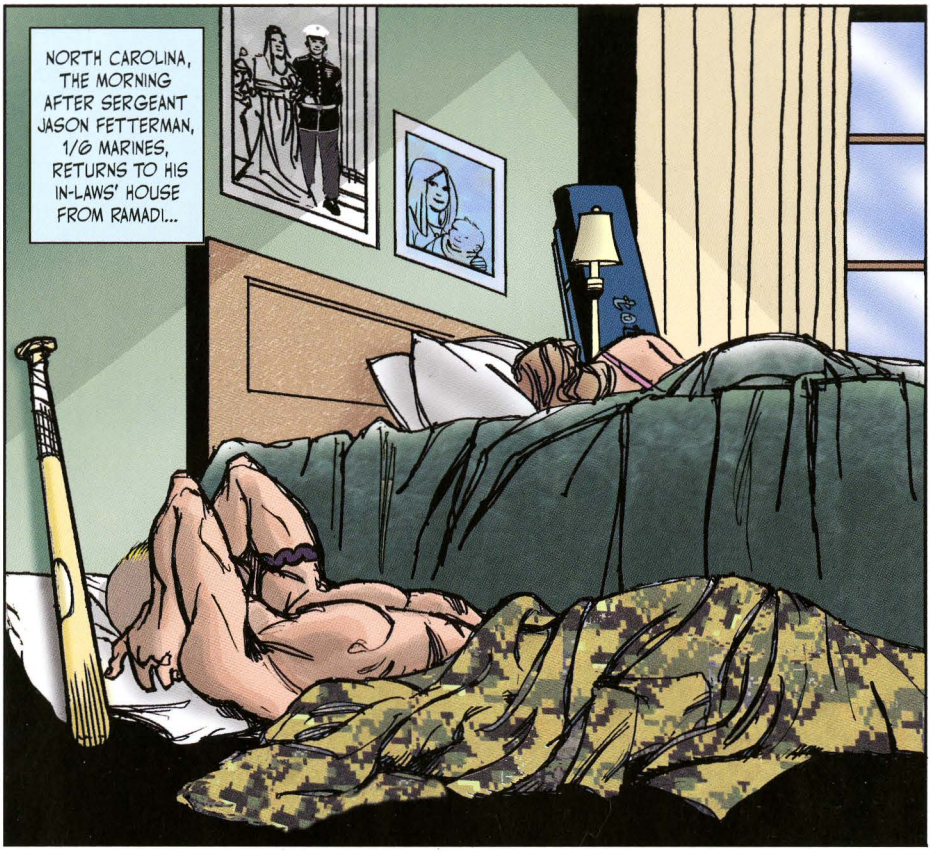
Several experts in the area of reunion and reintegration issues helped develop this book. For their time and insights we thank COL Carl Castro and MAJ Dennis McGurck (Walter Reed Army Institute of Research), and CAPT William Nash and Dr. Thomas Gaskin (Combat/Operational Stress Control branch at HQMC). We also thank Dr. Julia Whealin (National Center for PTSD, VA Pacific Islands Health Care System), who was involved in planning the book's scope.

Published by Ceridian Corporation, Military OneSource.

© 2008, 2009 Sid Jacobson and Ernie Colón. All rights reserved. Rights under exclusive license to Ceridian Corporation, Military OneSource.

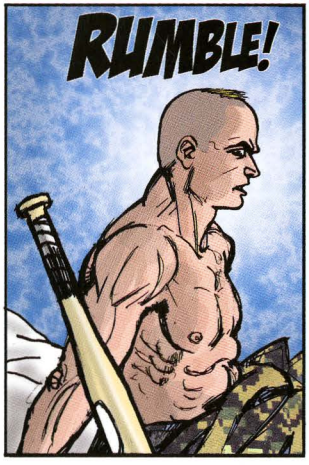
Military OneSource (1-800-342-9647 or *www.MilitaryOneSource.com*) is a **free**, confidential, 24-hour DoD service for active duty, guard and reserve members and their families. Talk with an expert by phone or online about reintegration issues (transition, relationships, combat stress) or concerns like finances, education, and parenting.

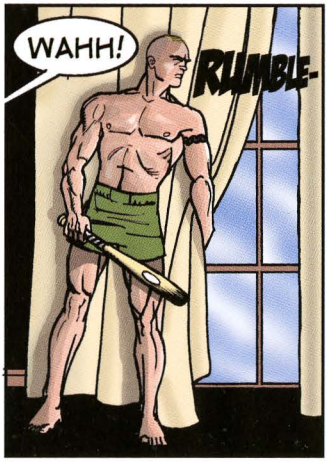
The program also provides up to twelve **free** face-to-face counseling sessions (per issue) with a professional in your community.

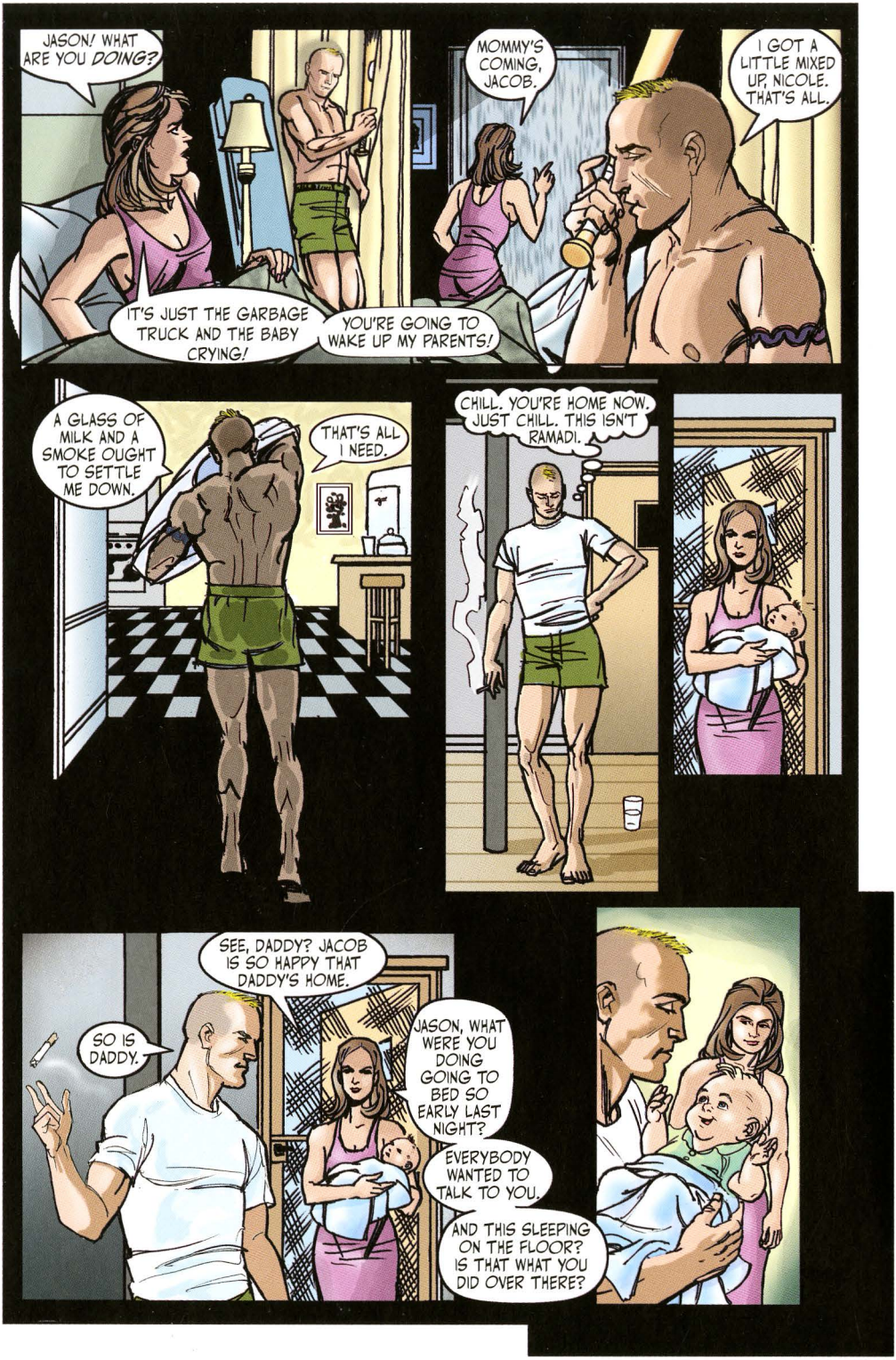


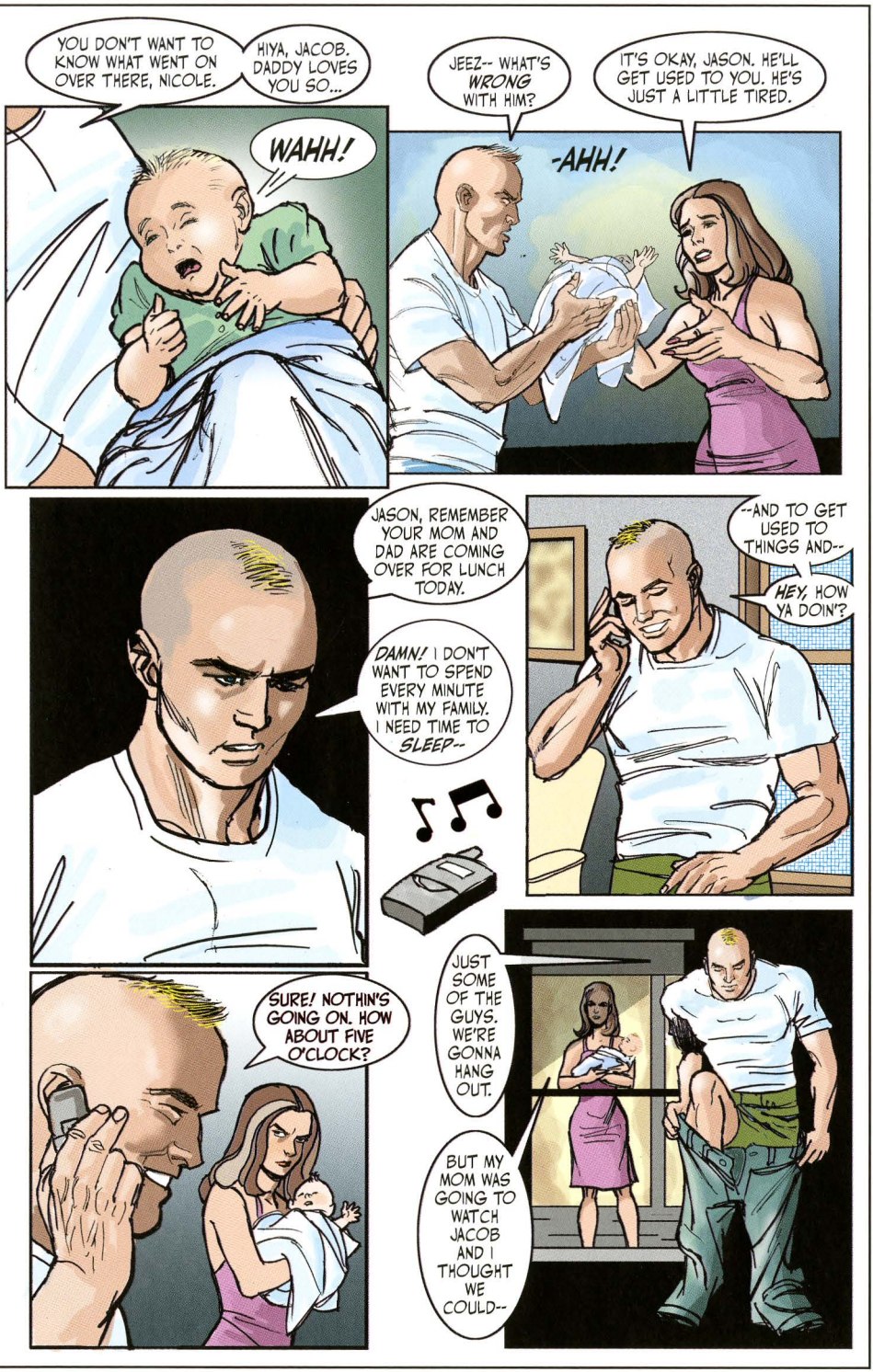
COMING HOME

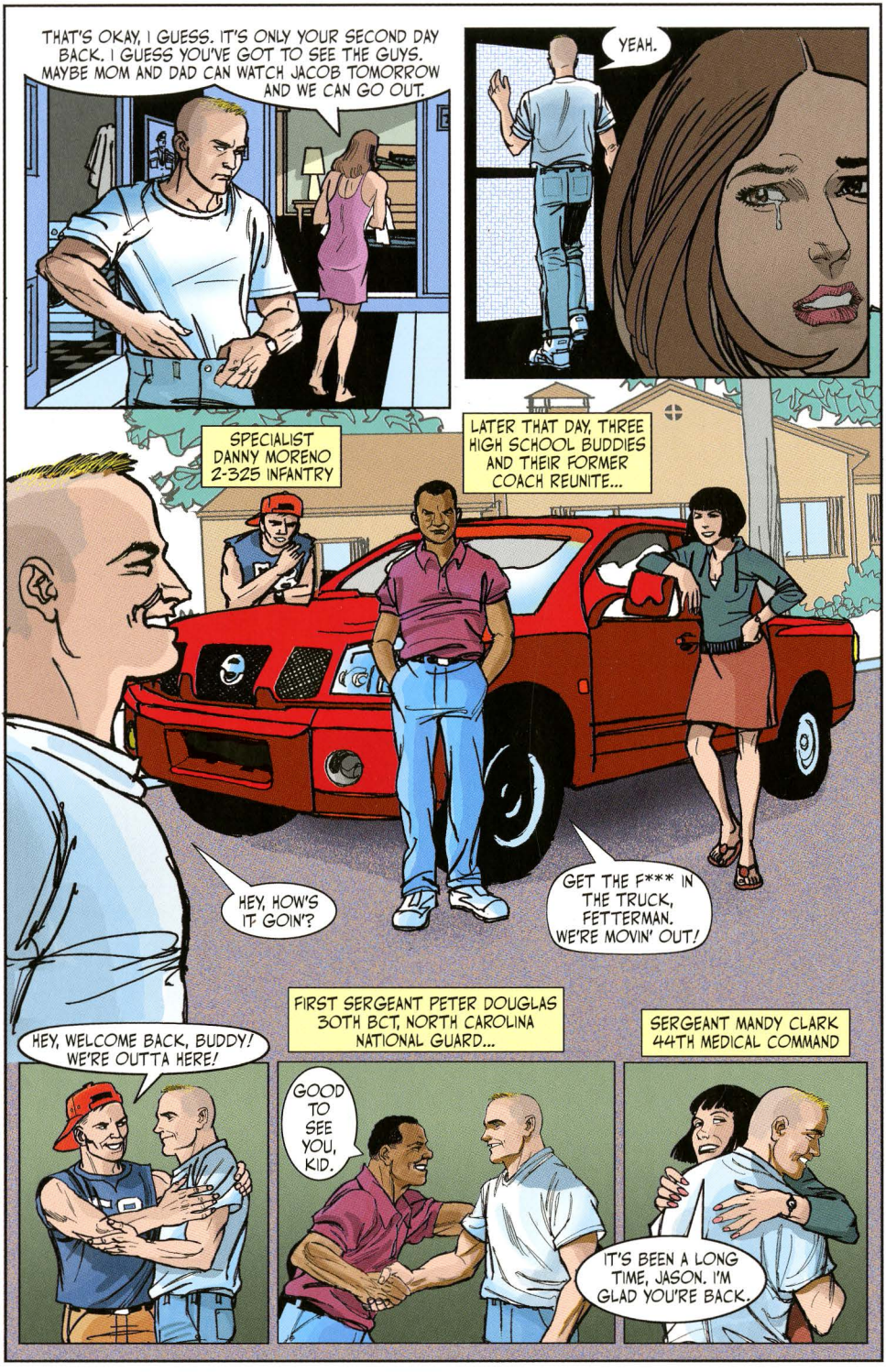
CHAPTER ONE






JASON! WHAT ARE YOU DOING?
IT'S JUST THE GARBAGE TRUCK AND THE BABY CRYING!
YOU'RE GOING TO WAKE UP MY PARENTS!
MOMMY'S COMING, JACOB.
I GOT A LITTLE MIXED UP, NICOLE. THAT'S ALL.
A GLASS OF MILK AND A SMOKE OUGHT TO SETTLE ME DOWN.
THAT'S ALL I NEED.
CHILL. YOU'RE HOME NOW. JUST CHILL. THIS ISN'T RAMADI.
SEE, DADDY? JACOB IS SO HAPPY THAT DADDY'S HOME.
SO IS DADDY.
JASON, WHAT WERE YOU DOING GOING TO BED SO EARLY LAST NIGHT?
EVERYBODY WANTED TO TALK TO YOU.
AND THIS SLEEPING ON THE FLOOR? IS THAT WHAT YOU DID OVER THERE?


YOU DON'T WANT TO KNOW WHAT WENT ON OVER THERE, NICOLE.
HIYA, JACOB. DADDY LOVES YOU SO...
WAHH!
JEEZ-- WHAT'S WRONG WITH HIM?
IT'S OKAY, JASON. HE'LL GET USED TO YOU. HE'S JUST A LITTLE TIRED.
-AHH!
JASON, REMEMBER YOUR MOM AND DAD ARE COMING OVER FOR LUNCH TODAY.
DAMN! I DON'T WANT TO SPEND EVERY MINUTE WITH MY FAMILY. I NEED TIME TO SLEEP--
--AND TO GET USED TO THINGS AND--
HEY, HOW YA DOIN'?
SURE! NOTHIN'S GOING ON. HOW ABOUT FIVE O'CLOCK?
JUST SOME OF THE GUYS. WE'RE GONNA HANG OUT.
BUT MY MOM WAS GOING TO WATCH JACOB AND I THOUGHT WE COULD--

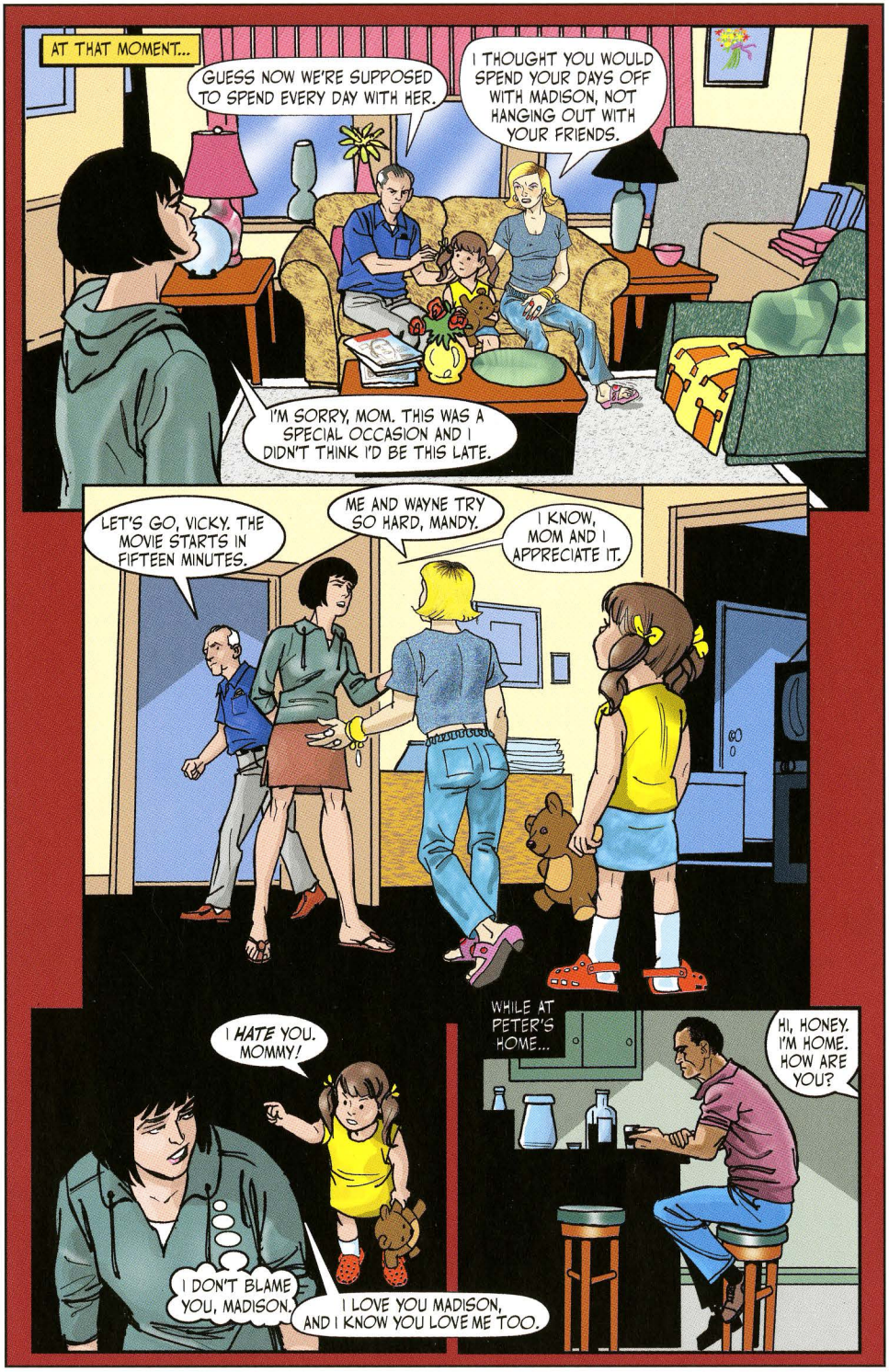

THAT'S OKAY, I GUESS. IT'S ONLY YOUR SECOND DAY BACK. I GUESS YOU'VE GOT TO SEE THE GUYS. MAYBE MOM AND DAD CAN WATCH JACOB TOMORROW AND WE CAN GO OUT.
YEAH.
SPECIALIST DANNY MORENO 2-325 INFANTRY
LATER THAT DAY, THREE HIGH SCHOOL BUDDIES AND THEIR FORMER COACH REUNITE...
HEY, HOW'S IT GOIN'?
GET THE F*** IN THE TRUCK, FETTERMAN. WE'RE MOVIN' OUT!
HEY, WELCOME BACK, BUDDY! WE'RE OUTTA HERE!
FIRST SERGEANT PETER DOUGLAS 30TH BCT, NORTH CAROLINA NATIONAL GUARD...
GOOD TO SEE YOU, KID.
SERGEANT MANDY CLARK 44TH MEDICAL COMMAND
IT'S BEEN A LONG TIME, JASON. I'M GLAD YOU'RE BACK.

I DIDN'T THINK IT WOULD BE LIKE THIS, JACOB.
YOU LOOK GREAT MANDY. ARMY LIFE DID YOU SOME GOOD.
I'M PRETTY WORN OUT, JASON. MADISON'S BEEN KEEPING ME BUSY. I NEVER GET OUT OF THE HOUSE, EXCEPT TO GO TO WORK. I FEEL LIKE I'VE GOT A LOT OF CATCHING UP TO DO WITH HER.
ME, TOO. MY LITTLE GUY DOESN'T EVEN KNOW WHO I AM. I'M AFRAID NICOLE MIGHT NOT EITHER.
IT'S EASIER WITH YOUR BUDDIES, ISN'T IT? WITH THOSE WHO'VE BEEN THROUGH THE SAME AS YOU.
LOOKS LIKE OLD TIMES BACK THERE, YOU TWO.
YOU'RE TALKING ANCIENT HISTORY, COACH. THAT WAS A LONG TIME AGO.
HEAR THAT? AFTER ALL THESE YEARS, I'M STILL YOUR COACH, DANNY.
SPEED LIMIT 50
MAYBE FETTERMAN'S. FOR ME YOU'RE JUST AN OLD GROUCH WHO SHOWS UP IN MY DREAMS.

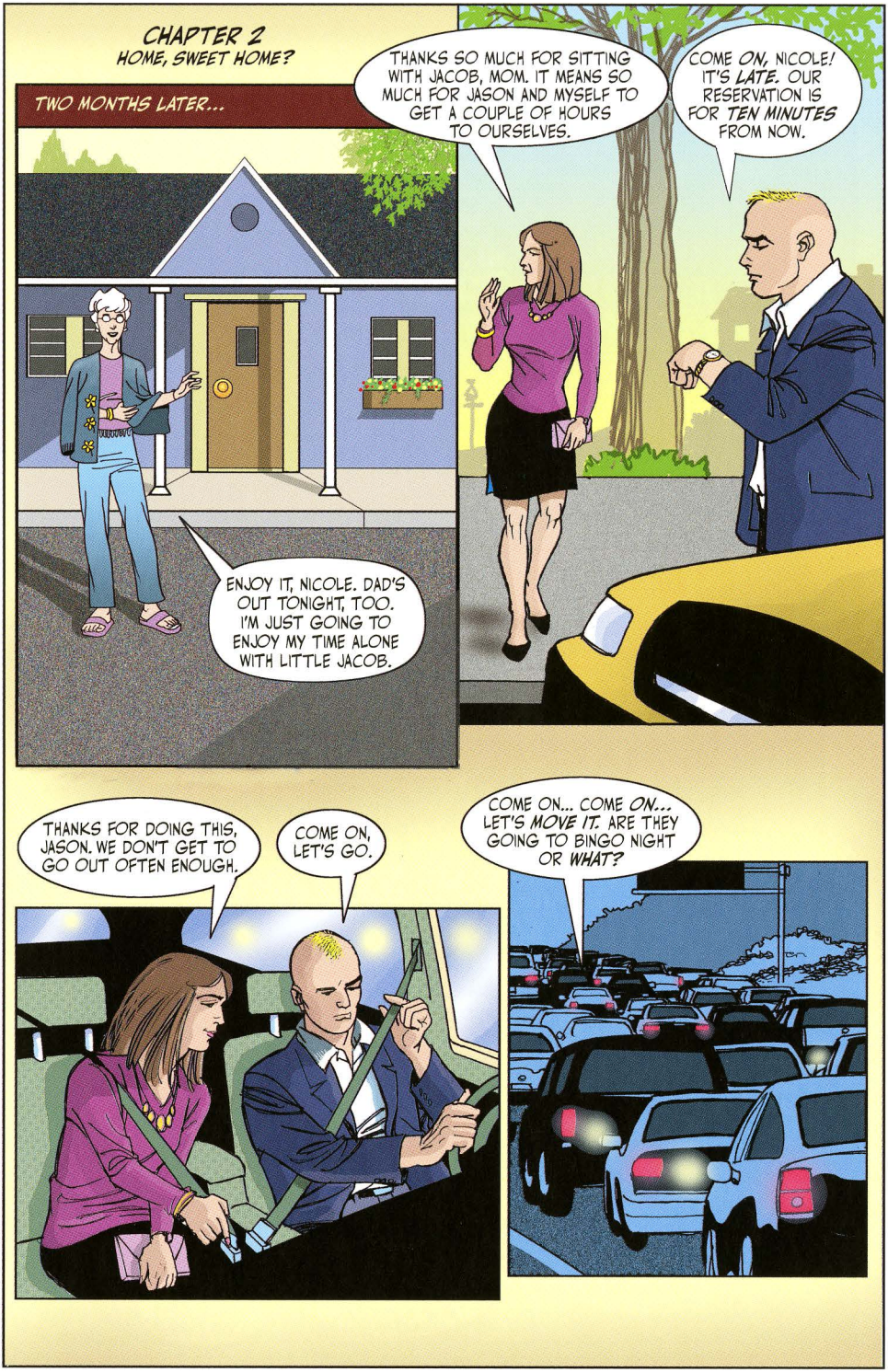
HEY, WATCH IT! SLOW DOWN!
SCREECH!
YOU ALMOST HIT THAT GUY! YOU WANT TO GET US ALL KILLED?
YOU SAW SOME BAD STUFF DOWN RANGE, DIDN'T YOU, JASON?
ONLY IF YOU CALL A F---ING VBIED GOING OFF AND KILLING FIVE OF YOUR BUDDIES "BAD STUFF".
BLAMM!
WHAT THE HELL IS HE DOING?
PUT YOUR SEAT BELT ON, YOU JERK!
IDIOTS! GET OFF THE FREAKIN' ROAD!
YOU'RE THE IDIOT, DANNY! ARE YOU TRYING TO KILL US?!
I'M SORRY... I DIDN'T EVEN KNOW I WAS DOING IT.
YOU'RE GOING TO LOSE YOUR LICENSE IF YOU KEEP THIS UP!

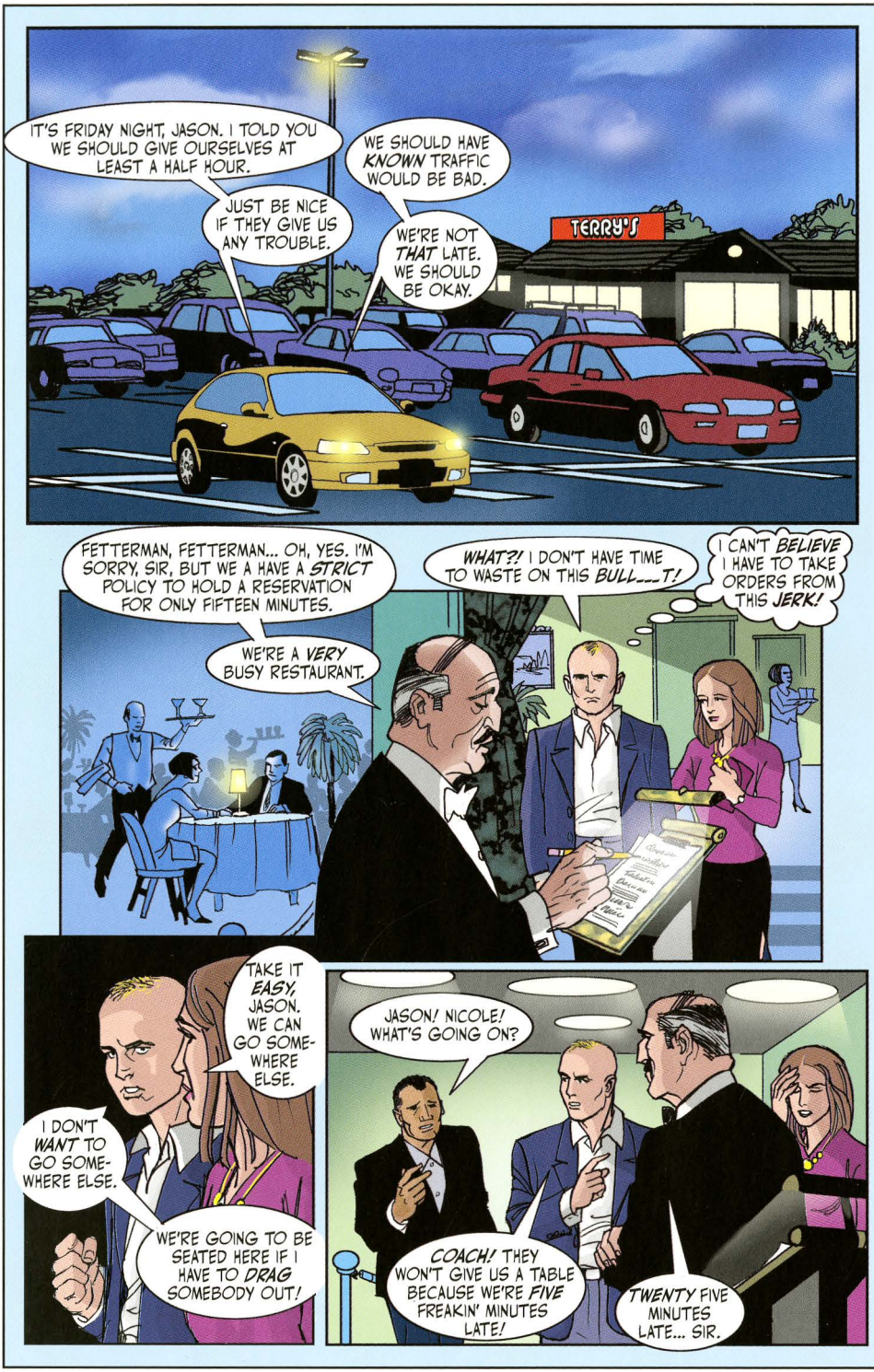
SO HOW DID YOU DO IT, PETER? NONE OF THAT S*** AFFECTED YOU? YOU DON'T HAVE PROBLEMS?
I DEALT WITH MINE AND SO CAN YOU. I'VE TOLD YOU BEFORE-- YOU SHOULD GET HELP.
COME ON, FORGET ABOUT IT, YOU GUYS. WE'RE HERE. WHO'S BUYING?
YEAH, YOU GUYS, LET'S GO.
SOME TIME LATER...
DID YOU HEAR WHAT FETTERMAN SAID? HE SLEPT ON THE F****** FLOOR LAST NIGHT. YOU EVER DO THAT?
AT LEAST HE COULD SLEEP. I HAD TO KNOCK MYSELF OUT WITH BOOZE.
ANOTHER ONE PLEASE, BARTENDER.
ANOTHER COKE, PLEASE.
ONCE A COACH ALWAYS A COACH.
I'M SERIOUS, YOU GUYS, YOU'VE GOT TO GET HELP FOR THIS STUFF.
WELL, MY TEAMS DID WIN THREE CHAMPIONSHIPS.

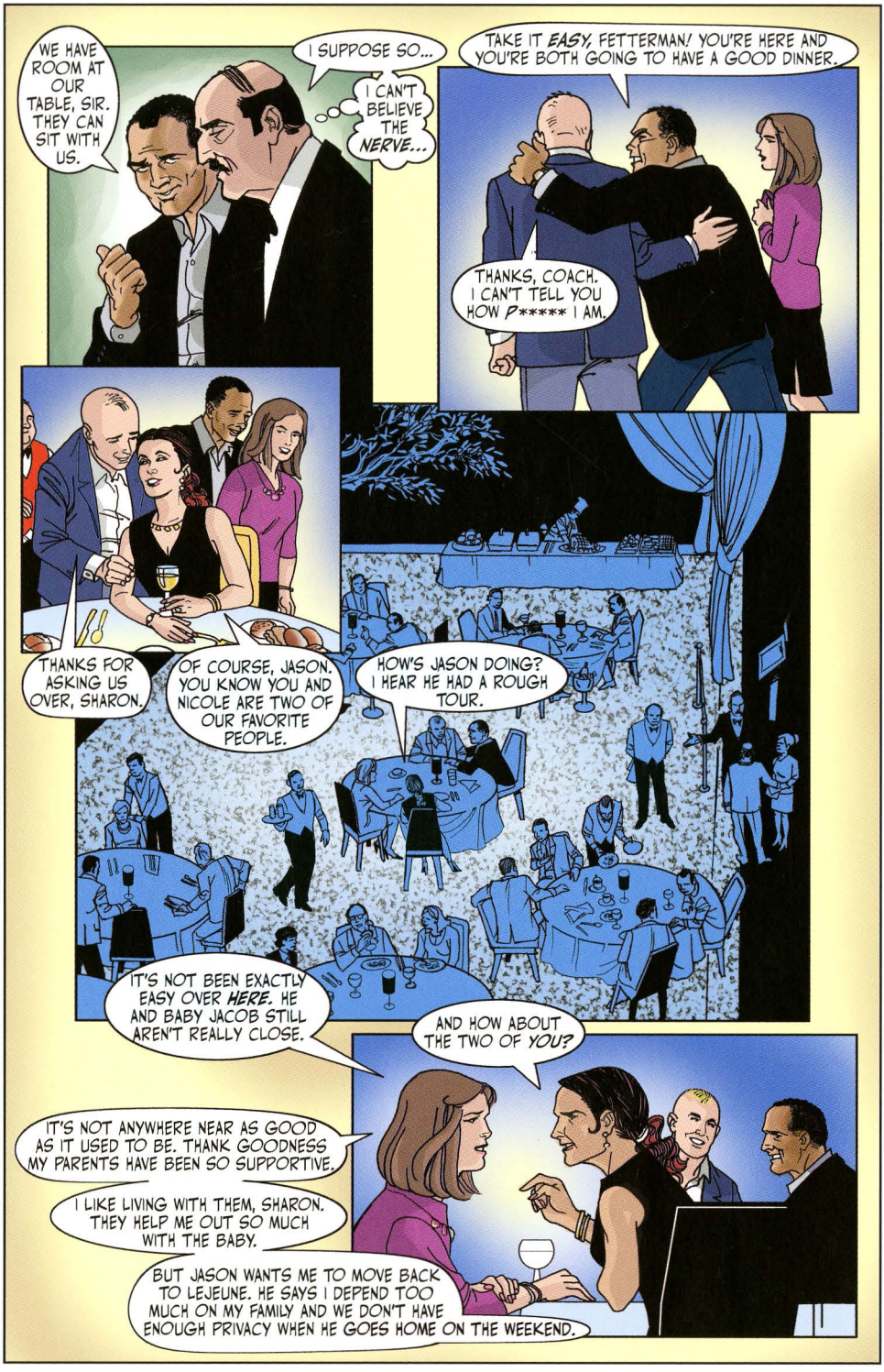
THANKS FOR DRIVING ME HOME, GUYS.
AND I'M SO GLAD YOU'RE BACK, JASON. CALL ME, OKAY?
SURE, MANDY.
YOU GUYS ARE GREAT. WE SHOULD DO THIS MORE OFTEN.
BUT NOW I'VE GOT TO SEE WHAT'S UP WITH NICOLE. I DON'T THINK SHE WAS REAL HAPPY ABOUT ME GOING OUT.
GIVE IT SOME TIME, JASON. YOU'VE GOT TO REMEMBER, YOU'VE BOTH BEEN THROUGH A HECK OF A LOT.
FIRST ME, NOW HIM, EH, PETER?
JUST WATCHING OUT FOR YOU, DANNY. IT'S TOUGH COMING BACK. ESPECIALLY AFTER ALL YOU'VE BEEN THROUGH.
I'M OKAY. AT LEAST I CAME BACK IN ONE PIECE...
DAMN! I'M SORRY, PETER-- THAT WAS OUT OF LINE.

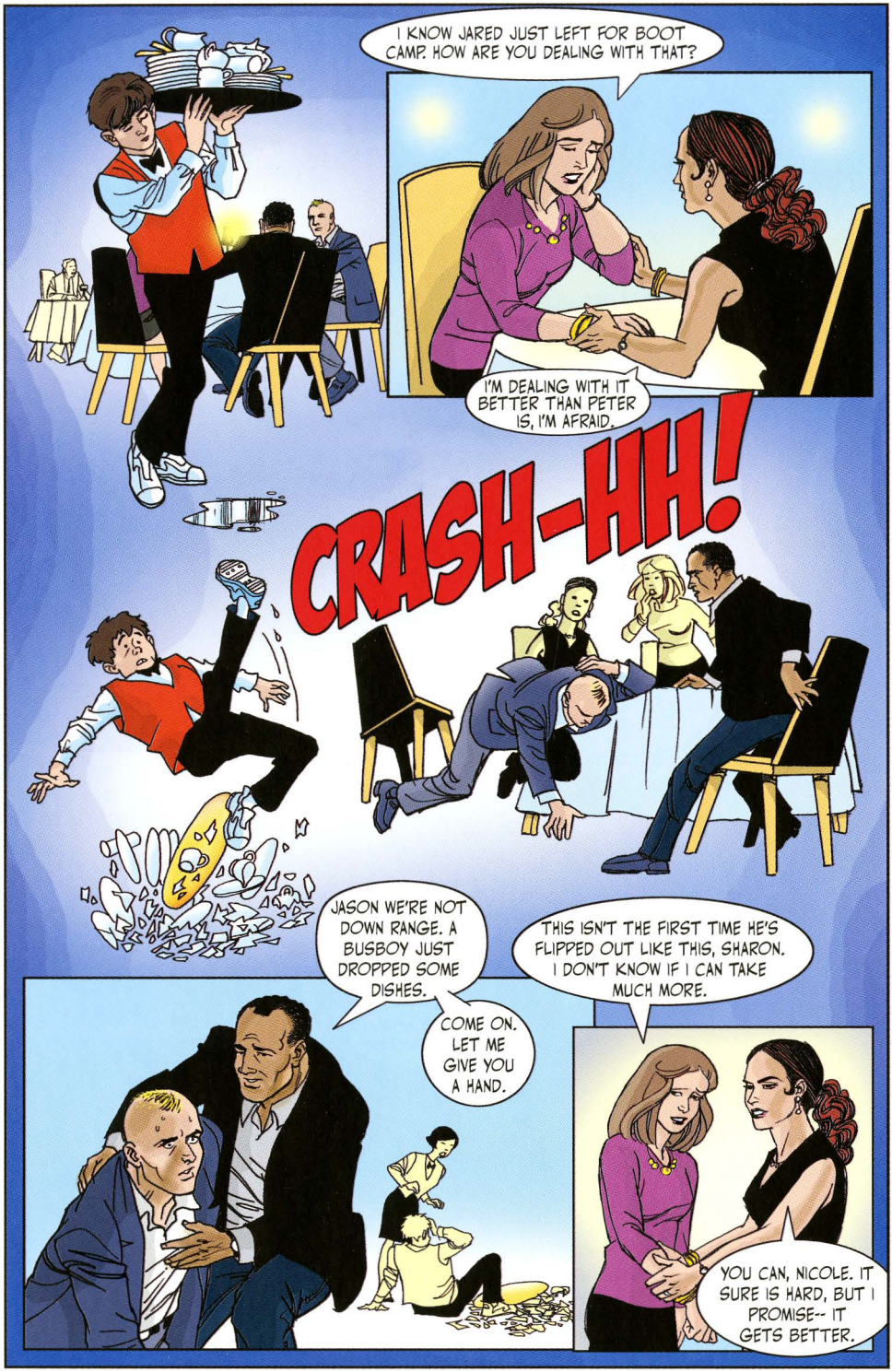

AT THAT MOMENT...
GUESS NOW WE'RE SUPPOSED TO SPEND EVERY DAY WITH HER.
I THOUGHT YOU WOULD SPEND YOUR DAYS OFF WITH MADISON, NOT HANGING OUT WITH YOUR FRIENDS.
I'M SORRY, MOM. THIS WAS A SPECIAL OCCASION AND I DIDN'T THINK I'D BE THIS LATE.
LET'S GO, VICKY. THE MOVIE STARTS IN FIFTEEN MINUTES.
ME AND WAYNE TRY SO HARD, MANDY.
I KNOW, MOM AND I APPRECIATE IT.
I *HATE* YOU. MOMMY!
I DON'T BLAME YOU, MADISON.
I LOVE YOU MADISON, AND I KNOW YOU LOVE ME TOO.
WHILE AT PETER'S HOME...
HI, HONEY. I'M HOME. HOW ARE YOU?

IT'S BEEN A ROUGH DAY, SHARON. FETTERMAN CAME HOME AND WE PARTIED A LITTLE.
MANDY CLARK WAS THERE. MORENO, TOO.
THAT SHOULD HAVE BEEN FUN, PETER...
...GETTING TOGETHER WITH THE KIDS.
YEAH, AND SOME OF IT WAS OKAY.
WE'VE ALL GOT SOMETHING TO DEAL WITH.
AND I STARTED THINKING ABOUT JARED... OUR OWN BOY GOING INTO COMBAT.
I'M WORRIED TOO. BUT WHO COULD BLAME HIM FOR WANTING TO BE LIKE HIS OLD MAN...
... I COULDN'T.

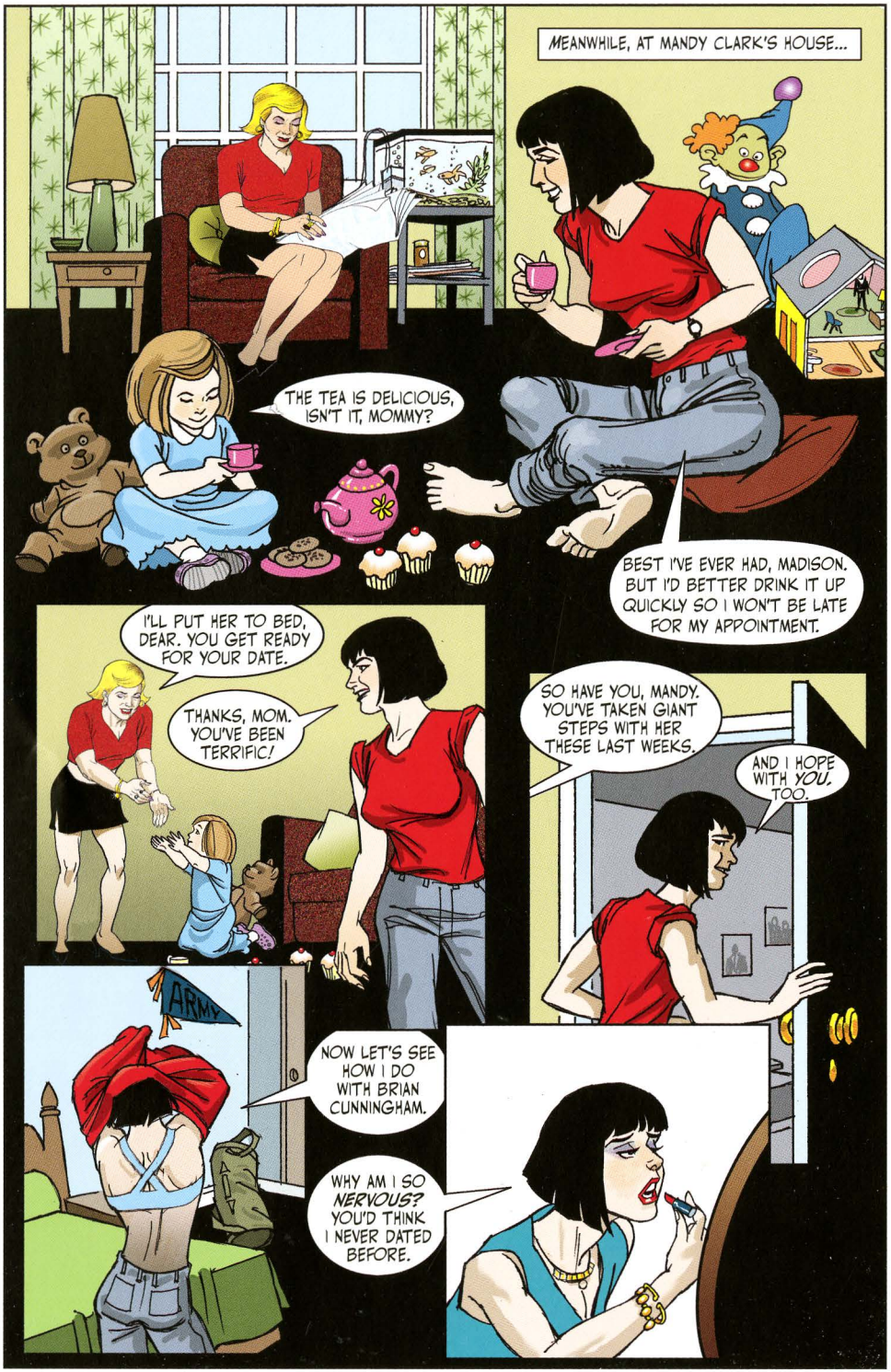

CHAPTER 2
HOME, SWEET HOME?
TWO MONTHS LATER...
ENJOY IT, NICOLE. DAD'S OUT TONIGHT, TOO. I'M JUST GOING TO ENJOY MY TIME ALONE WITH LITTLE JACOB.
THANKS SO MUCH FOR SITTING WITH JACOB, MOM. IT MEANS SO MUCH FOR JASON AND MYSELF TO GET A COUPLE OF HOURS TO OURSELVES.
COME ON, NICOLE! IT'S LATE. OUR RESERVATION IS FOR TEN MINUTES FROM NOW.
THANKS FOR DOING THIS, JASON. WE DON'T GET TO GO OUT OFTEN ENOUGH.
COME ON, LET'S GO.
COME ON... COME ON... LET'S MOVE IT. ARE THEY GOING TO BINGO NIGHT OR WHAT?

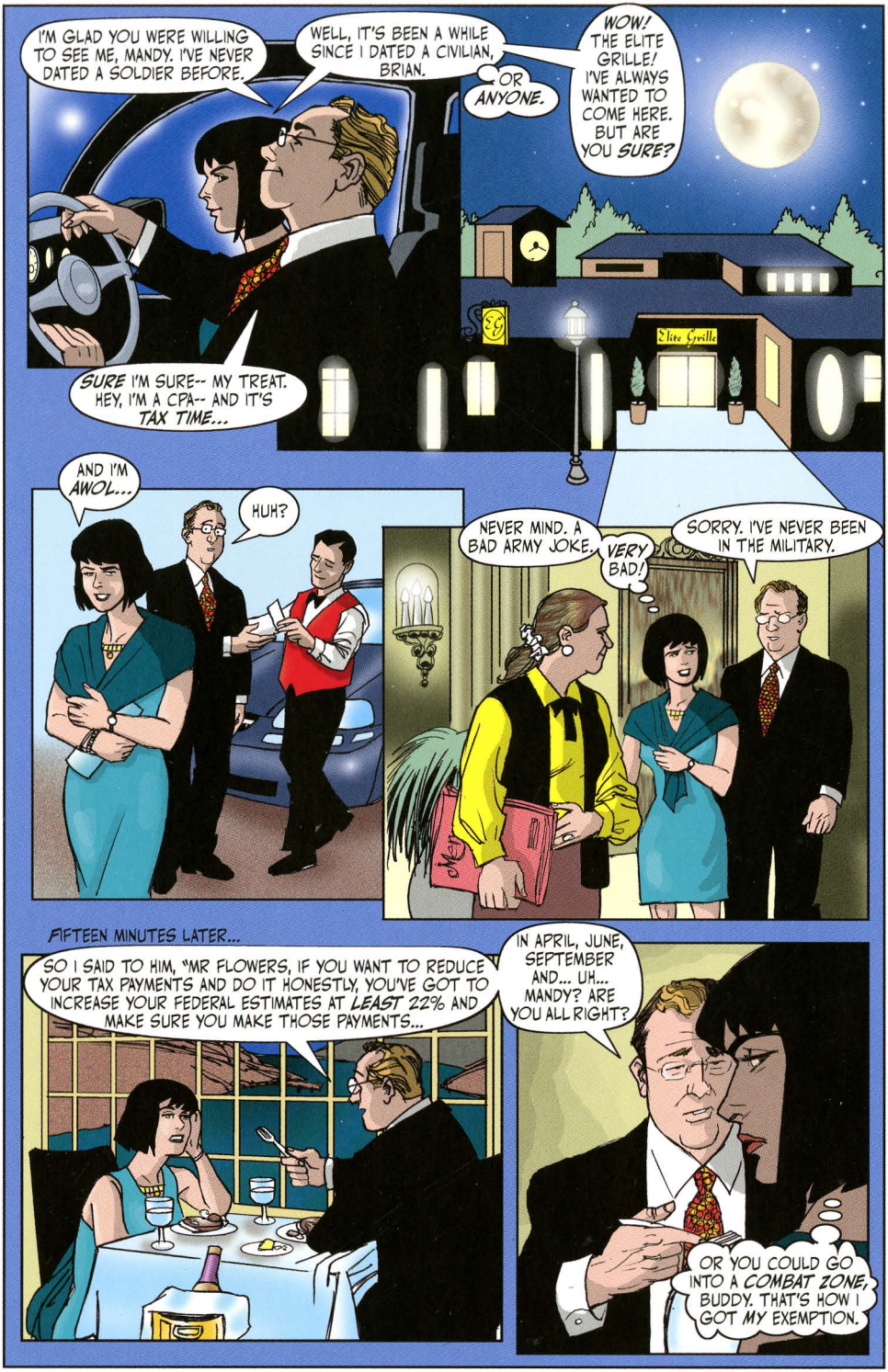

IT'S FRIDAY NIGHT, JASON. I TOLD YOU WE SHOULD GIVE OURSELVES AT LEAST A HALF HOUR.
JUST BE NICE IF THEY GIVE US ANY TROUBLE.
WE SHOULD HAVE KNOWN TRAFFIC WOULD BE BAD.
WE'RE NOT THAT LATE. WE SHOULD BE OKAY.
TERRY'S
FETTERMAN, FETTERMAN... OH, YES. I'M SORRY, SIR, BUT WE A HAVE A STRICT POLICY TO HOLD A RESERVATION FOR ONLY FIFTEEN MINUTES.
WE'RE A VERY BUSY RESTAURANT.
WHAT?! I DON'T HAVE TIME TO WASTE ON THIS BULL---T!
I CAN'T BELIEVE I HAVE TO TAKE ORDERS FROM THIS JERK!
TAKE IT EASY, JASON. WE CAN GO SOMEWHERE ELSE.
I DON'T WANT TO GO SOMEWHERE ELSE.
WE'RE GOING TO BE SEATED HERE IF I HAVE TO DRAG SOMEBODY OUT!
JASON! NICOLE! WHAT'S GOING ON?
COACH! THEY WON'T GIVE US A TABLE BECAUSE WE'RE FIVE FREAKIN' MINUTES LATE!
TWENTY FIVE MINUTES LATE... SIR.

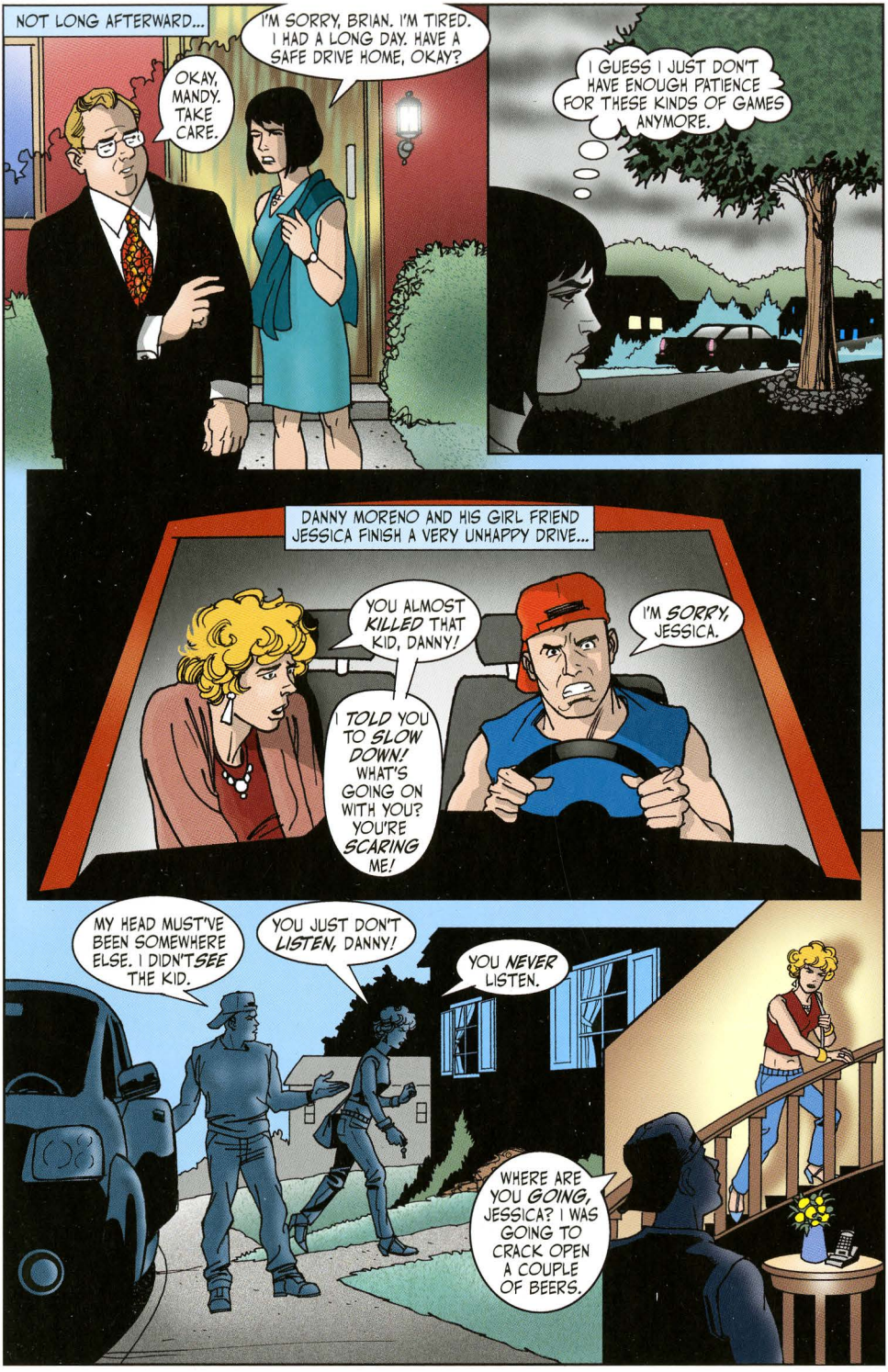

WE HAVE ROOM AT OUR TABLE, SIR. THEY CAN SIT WITH US.
I SUPPOSE SO...
I CAN'T BELIEVE THE *NERVE*...
TAKE IT *EASY*, FETTERMAN! YOU'RE HERE AND YOU'RE BOTH GOING TO HAVE A GOOD DINNER.
THANKS, COACH. I CAN'T TELL YOU HOW P***** I AM.
THANKS FOR ASKING US OVER, SHARON.
OF COURSE, JASON. YOU KNOW YOU AND NICOLE ARE TWO OF OUR FAVORITE PEOPLE.
HOW'S JASON DOING? I HEAR HE HAD A ROUGH TOUR.
IT'S NOT BEEN EXACTLY EASY OVER *HERE*. HE AND BABY JACOB STILL AREN'T REALLY CLOSE.
AND HOW ABOUT THE TWO OF *YOU*?
IT'S NOT ANYWHERE NEAR AS GOOD AS IT USED TO BE. THANK GOODNESS MY PARENTS HAVE BEEN SO SUPPORTIVE.
I LIKE LIVING WITH THEM, SHARON. THEY HELP ME OUT SO MUCH WITH THE BABY.
BUT JASON WANTS ME TO MOVE BACK TO LEJEUNE. HE SAYS I DEPEND TOO MUCH ON MY FAMILY AND WE DON'T HAVE ENOUGH PRIVACY WHEN HE GOES HOME ON THE WEEKEND.


I KNOW JARED JUST LEFT FOR BOOT CAMP. HOW ARE YOU DEALING WITH THAT?
I'M DEALING WITH IT BETTER THAN PETER IS, I'M AFRAID.
CRASH-HH!
JASON WE'RE NOT DOWN RANGE. A BUSBOY JUST DROPPED SOME DISHES.
COME ON. LET ME GIVE YOU A HAND.
THIS ISN'T THE FIRST TIME HE'S FLIPPED OUT LIKE THIS, SHARON. I DON'T KNOW IF I CAN TAKE MUCH MORE.
YOU CAN, NICOLE. IT SURE IS HARD, BUT I PROMISE-- IT GETS BETTER.

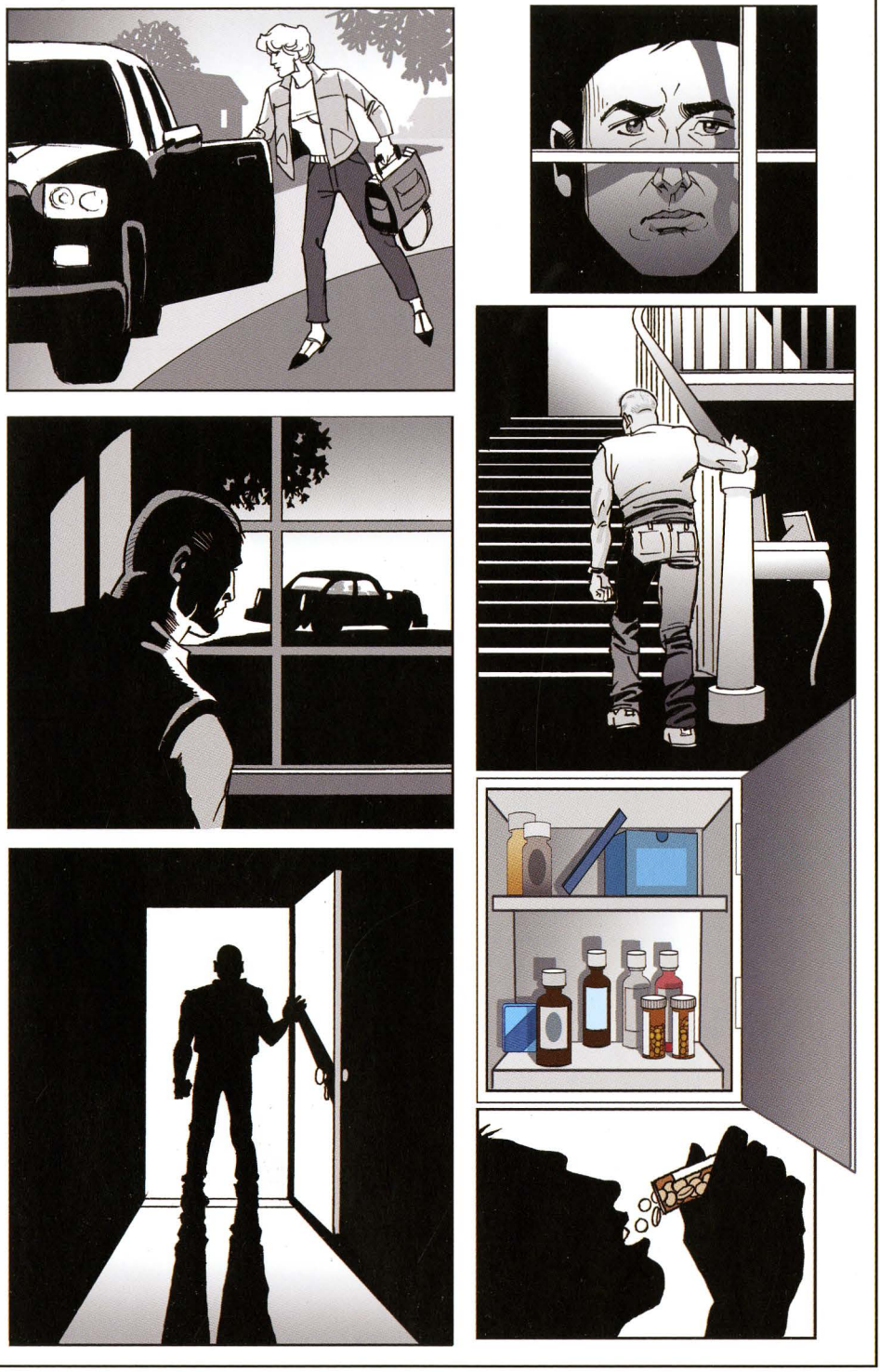
I'M SORRY, GUYS. IT LOOKS LIKE I STILL HAVE ONE FOOT IN THE SANDBOX.
AND I HAVE ONE OUT THE DOOR.
I THINK WE BETTER FORGET ABOUT DINNER TONIGHT.
I THINK YOU'D BETTER THINK ABOUT GETTING HELP FOR THIS.
HELP FOR BOTH OF YOU.
I'LL TAKE A BEER.
WHAT HE MEANT TO SAY WAS TWO NON-ALCOHOLIC BEERS.


MEANWHILE, AT MANDY CLARK'S HOUSE...
THE TEA IS DELICIOUS, ISN'T IT, MOMMY?
BEST I'VE EVER HAD, MADISON. BUT I'D BETTER DRINK IT UP QUICKLY SO I WON'T BE LATE FOR MY APPOINTMENT.
I'LL PUT HER TO BED, DEAR. YOU GET READY FOR YOUR DATE.
THANKS, MOM. YOU'VE BEEN TERRIFIC!
SO HAVE YOU, MANDY. YOU'VE TAKEN GIANT STEPS WITH HER THESE LAST WEEKS.
AND I HOPE WITH YOU, TOO.
ARMY
NOW LET'S SEE HOW I DO WITH BRIAN CUNNINGHAM.
WHY AM I SO NERVOUS? YOU'D THINK I NEVER DATED BEFORE.


I'M GLAD YOU WERE WILLING TO SEE ME, MANDY. I'VE NEVER DATED A SOLDIER BEFORE.
WELL, IT'S BEEN A WHILE SINCE I DATED A CIVILIAN, BRIAN.
OR ANYONE.
WOW! THE ELITE GRILLE! I'VE ALWAYS WANTED TO COME HERE. BUT ARE YOU SURE?
SURE I'M SURE-- MY TREAT. HEY, I'M A CPA-- AND IT'S TAX TIME...
Elite Grille
AND I'M AWOL...
HUH?
NEVER MIND. A BAD ARMY JOKE.
VERY BAD!
SORRY. I'VE NEVER BEEN IN THE MILITARY.
FIFTEEN MINUTES LATER...
SO I SAID TO HIM, "MR FLOWERS, IF YOU WANT TO REDUCE YOUR TAX PAYMENTS AND DO IT HONESTLY, YOU'VE GOT TO INCREASE YOUR FEDERAL ESTIMATES AT LEAST 22% AND MAKE SURE YOU MAKE THOSE PAYMENTS...
IN APRIL, JUNE, SEPTEMBER AND... UH... MANDY? ARE YOU ALL RIGHT?
OR YOU COULD GO INTO A COMBAT ZONE, BUDDY. THAT'S HOW I GOT MY EXEMPTION.

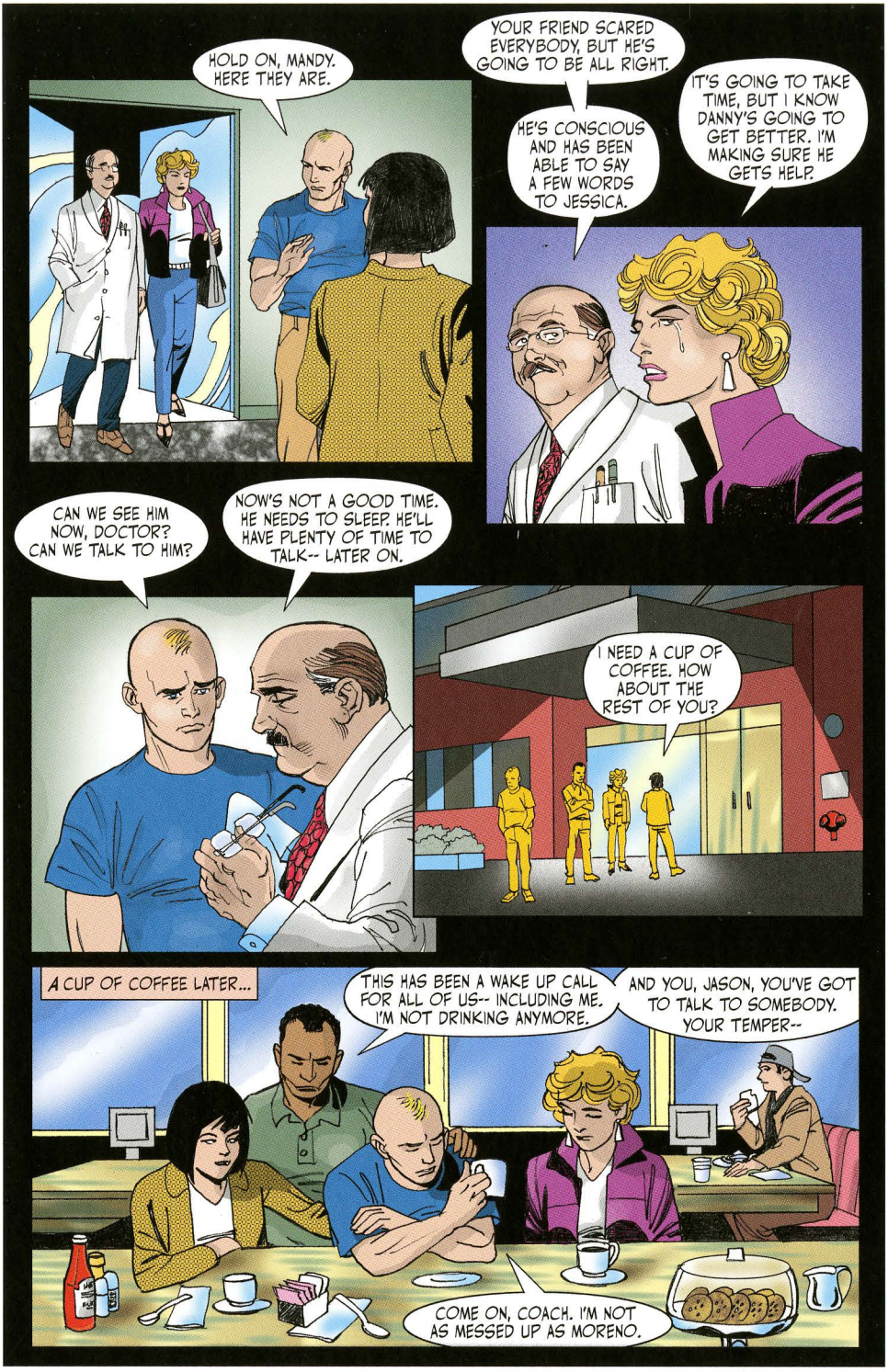

NOT LONG AFTERWARD...
I'M SORRY, BRIAN. I'M TIRED. I HAD A LONG DAY. HAVE A SAFE DRIVE HOME, OKAY?
OKAY, MANDY. TAKE CARE.
I GUESS I JUST DON'T HAVE ENOUGH PATIENCE FOR THESE KINDS OF GAMES ANYMORE.
DANNY MORENO AND HIS GIRL FRIEND JESSICA FINISH A VERY UNHAPPY DRIVE...
YOU ALMOST KILLED THAT KID, DANNY!
I'M SORRY, JESSICA.
I TOLD YOU TO SLOW DOWN! WHAT'S GOING ON WITH YOU? YOU'RE SCARING ME!
MY HEAD MUST'VE BEEN SOMEWHERE ELSE. I DIDN'T SEE THE KID.
YOU JUST DON'T LISTEN, DANNY!
YOU NEVER LISTEN.
WHERE ARE YOU GOING, JESSICA? I WAS GOING TO CRACK OPEN A COUPLE OF BEERS.

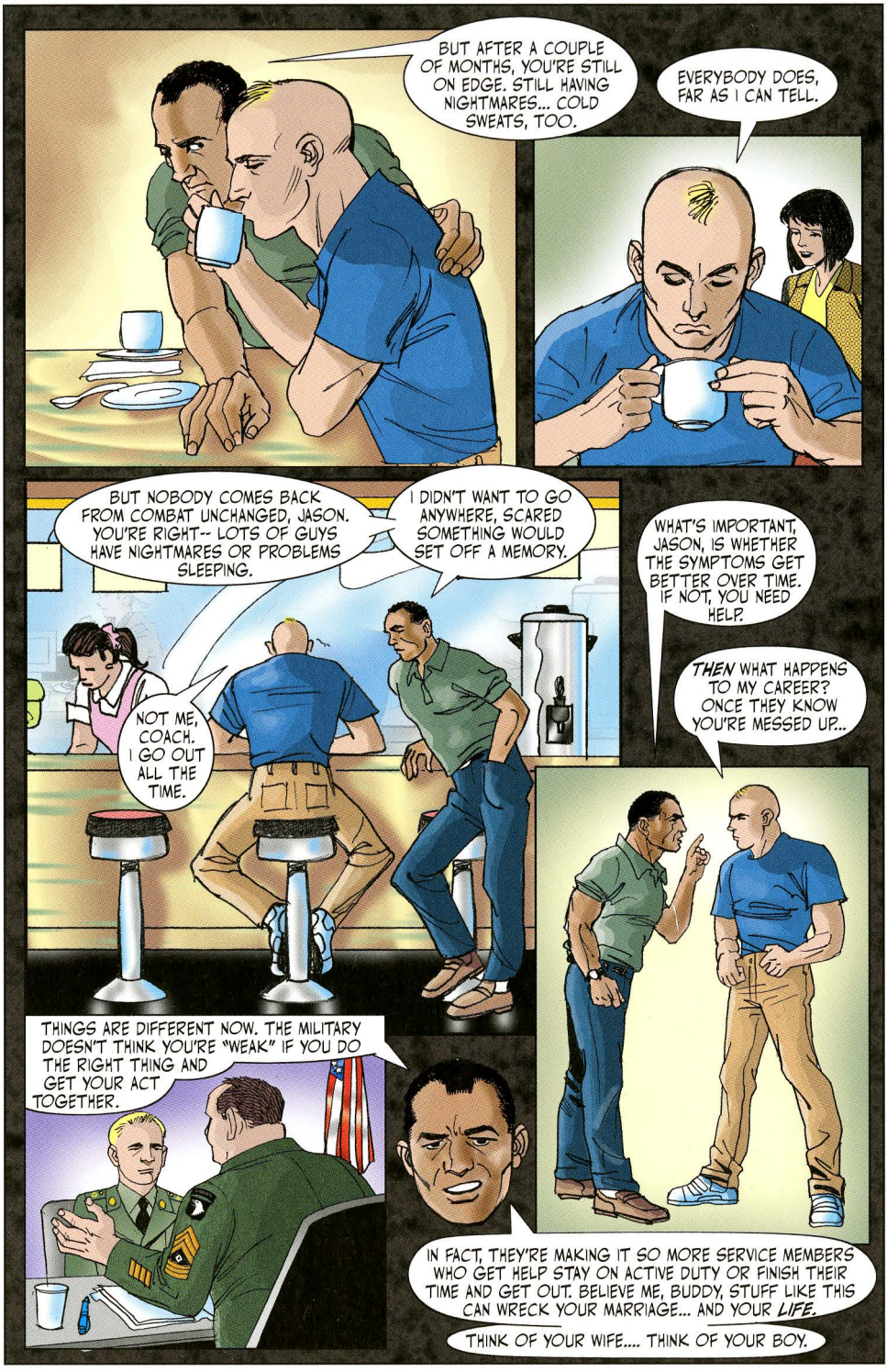
I'VE HAD ENOUGH, DANNY.
DRINK BY YOURSELF!
THIS IS SO MESSED UP-- I CAN'T DEAL WITH IT.
BANG!
SMASH-HH!
WHAT'S SHE DOING UP THERE? THROWING FREAKING BRICKS AT THE WALL?
WH- WHAT?
WHAT'S UP WITH YOU? WHERE ARE YOU GOING?
WHAT'S UP WITH YOU, DANNY? WHO ARE YOU, ANYWAY? I DON'T EVEN KNOW YOU ANYMORE.
BUT BABE...
I'M GETTING OUT OF HERE!
YOU NEED HELP, DANNY. CAN'T YOU SEE THAT FOR YOURSELF?

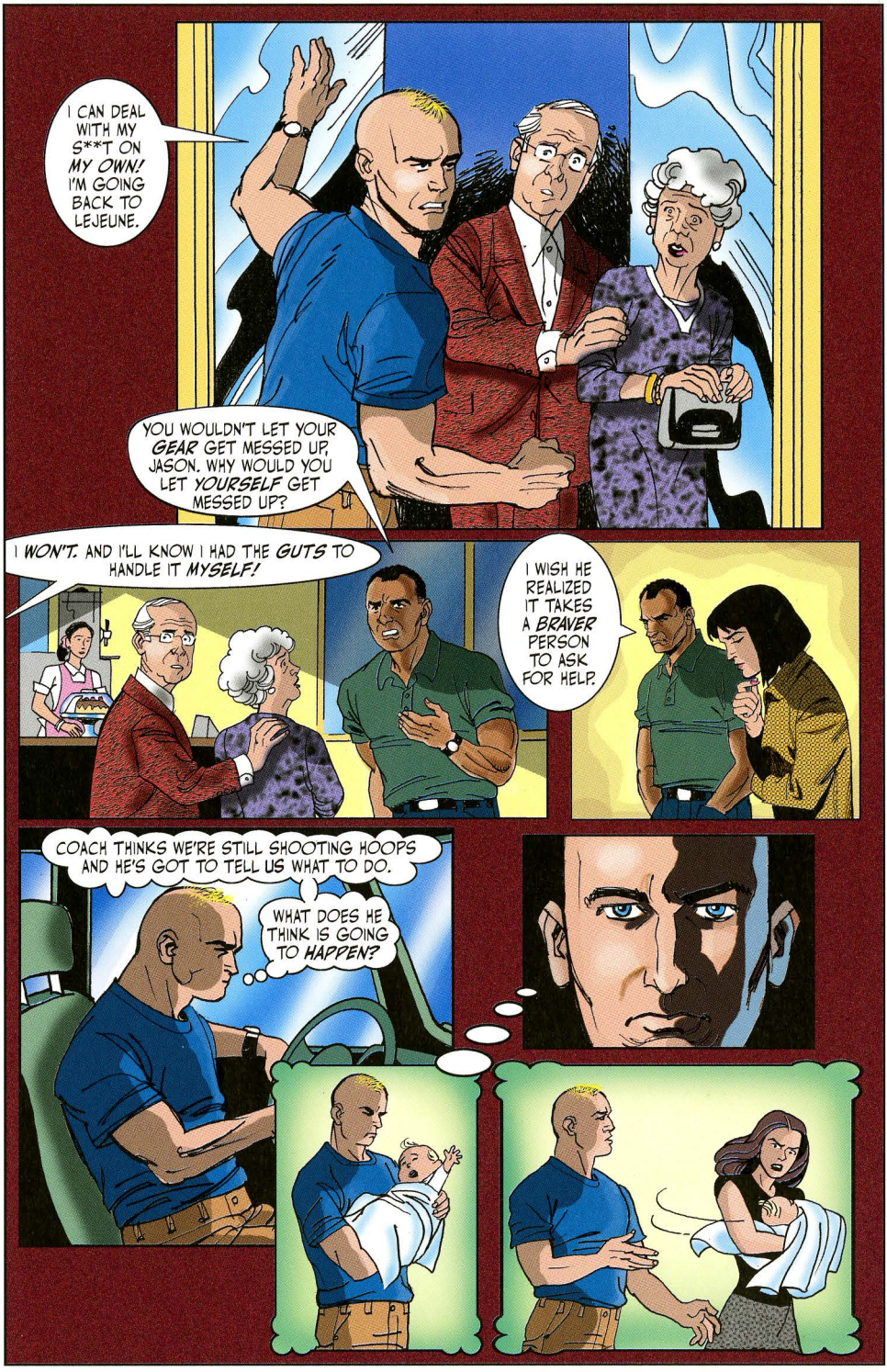


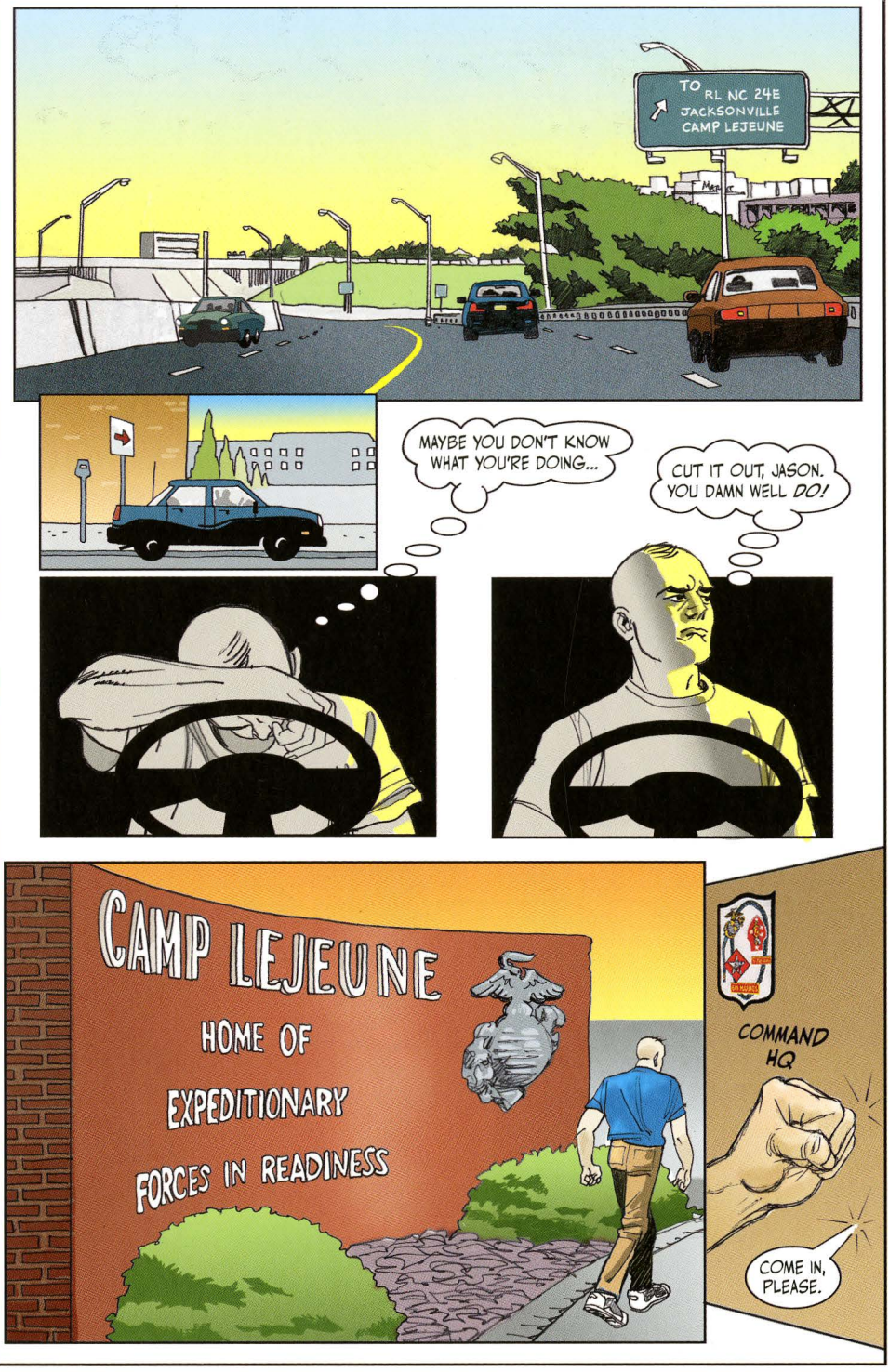
CHAPTER 3: HOME OF THE BRAVE
THIRTY MINUTES LATER...
DANNY?
DANNY, WHERE ARE YOU?
WHAT'S GOING ON, DANNY? WHAT ARE YOU DOING?
OH, COME ON! I CAME BACK! WE NEED TO TALK.
OH, MY GOD! DANNY, WHAT DID YOU DO?!

911! PLEASE HURRY! MY BOYFRIEND TOOK A WHOLE BOTTLE OF PILLS! I CAN'T WAKE HIM UP! WE'RE AT--
IN A SHORT WHILE...
DANNY DID WHAT?!
IS HE GOING TO MAKE IT, PETER?
I'LL MEET YOU GUYS AT THE HOSPITAL.
WHERE'S DANNY? WHAT ARE THEY SAYING? IS HE OKAY?
WE'RE WAITING TO HEAR, MANDY. JESSICA'S WITH HIM.
WHAT WAS HE THINKING? I MEAN, HE WAS HAVING SOME TOUGH TIMES, BUT... BUT TO TRY AND KILL HIMSELF?
I TRIED TO HELP HIM... BUT I GUESS NOT HARD ENOUGH.
WE ALL HAVE PROBLEMS. WHY DID HE THINK HIS WERE ANY DIFFERENT?
WHY DIDN'T HE CALL ME? WHY DIDN'T HE CALL ANY OF US?
SO WHAT'S THE ANSWER? WE'VE ALL GOT THIS STUFF TO DEAL WITH.


HOLD ON, MANDY. HERE THEY ARE.
YOUR FRIEND SCARED EVERYBODY, BUT HE'S GOING TO BE ALL RIGHT.
HE'S CONSCIOUS AND HAS BEEN ABLE TO SAY A FEW WORDS TO JESSICA.
IT'S GOING TO TAKE TIME, BUT I KNOW DANNY'S GOING TO GET BETTER. I'M MAKING SURE HE GETS HELP.
CAN WE SEE HIM NOW, DOCTOR? CAN WE TALK TO HIM?
NOW'S NOT A GOOD TIME. HE NEEDS TO SLEEP. HE'LL HAVE PLENTY OF TIME TO TALK-- LATER ON.
I NEED A CUP OF COFFEE. HOW ABOUT THE REST OF YOU?
A CUP OF COFFEE LATER...
THIS HAS BEEN A WAKE UP CALL FOR ALL OF US-- INCLUDING ME. I'M NOT DRINKING ANYMORE.
AND YOU, JASON, YOU'VE GOT TO TALK TO SOMEBODY. YOUR TEMPER--
COME ON, COACH. I'M NOT AS MESSED UP AS MORENO.

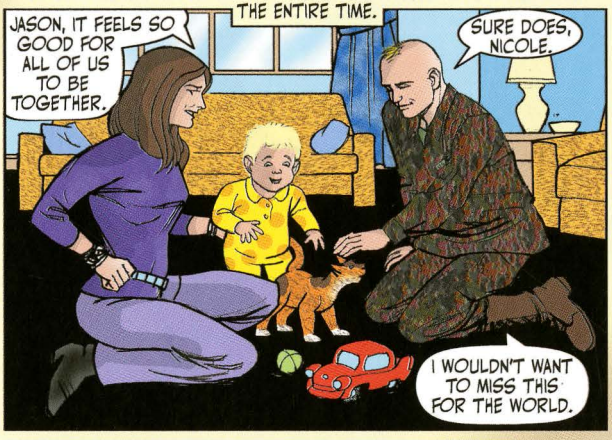

BUT AFTER A COUPLE OF MONTHS, YOU'RE STILL ON EDGE. STILL HAVING NIGHTMARES... COLD SWEATS, TOO.
EVERYBODY DOES, FAR AS I CAN TELL.
BUT NOBODY COMES BACK FROM COMBAT UNCHANGED, JASON. YOU'RE RIGHT-- LOTS OF GUYS HAVE NIGHTMARES OR PROBLEMS SLEEPING.
I DIDN'T WANT TO GO ANYWHERE, SCARED SOMETHING WOULD SET OFF A MEMORY.
NOT ME, COACH. I GO OUT ALL THE TIME.
WHAT'S IMPORTANT, JASON, IS WHETHER THE SYMPTOMS GET BETTER OVER TIME. IF NOT, YOU NEED HELP.
THEN WHAT HAPPENS TO MY CAREER? ONCE THEY KNOW YOU'RE MESSED UP...
THINGS ARE DIFFERENT NOW. THE MILITARY DOESN'T THINK YOU'RE "WEAK" IF YOU DO THE RIGHT THING AND GET YOUR ACT TOGETHER.
IN FACT, THEY'RE MAKING IT SO MORE SERVICE MEMBERS WHO GET HELP STAY ON ACTIVE DUTY OR FINISH THEIR TIME AND GET OUT. BELIEVE ME, BUDDY, STUFF LIKE THIS CAN WRECK YOUR MARRIAGE... AND YOUR *LIFE.*
THINK OF YOUR WIFE.... THINK OF YOUR BOY.


I CAN DEAL WITH MY S**T ON MY OWN! I'M GOING BACK TO LEJEUNE.
YOU WOULDN'T LET YOUR GEAR GET MESSED UP, JASON. WHY WOULD YOU LET YOURSELF GET MESSED UP?
I WON'T. AND I'LL KNOW I HAD THE GUTS TO HANDLE IT MYSELF!
I WISH HE REALIZED IT TAKES A BRAVER PERSON TO ASK FOR HELP.
COACH THINKS WE'RE STILL SHOOTING HOOPS AND HE'S GOT TO TELL US WHAT TO DO.
WHAT DOES HE THINK IS GOING TO HAPPEN?

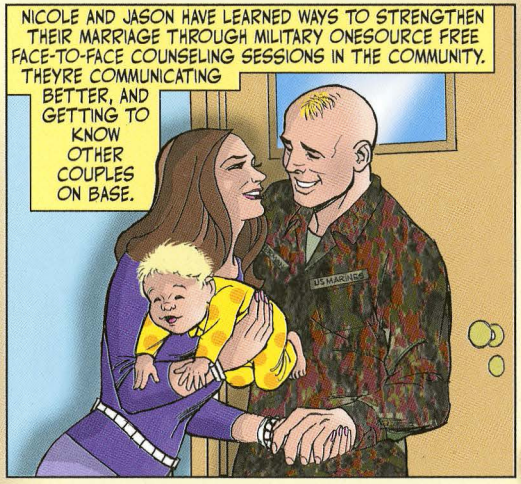

TO RL NC 24E
JACKSONVILLE
CAMP LEJEUNE
MAYBE YOU DON'T KNOW WHAT YOU'RE DOING...
CUT IT OUT, JASON. YOU DAMN WELL DO!
CAMP LEJEUNE
HOME OF
EXPEDITIONARY
FORCES IN READINESS
COMMAND HQ
COME IN, PLEASE.

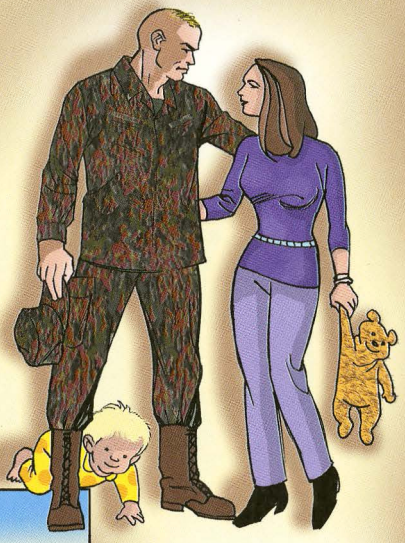
THREE MONTHS LATER...

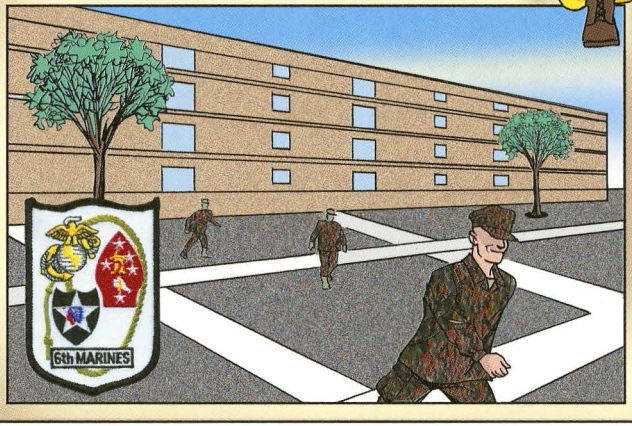
JASON, NICOLE AND JACOB ARE NOW HAPPILY LIVING ON BASE AT CAMP LEJEUNE. JASON'S COMPANY FIRST SERGEANT REFERRED HIM TO A MEDICAL TREATMENT FACILITY. THERAPY HAS HELPED JASON KEEP HIS ANGER ISSUES UNDER CONTROL AND HE'S STAYED ON ACTIVE DUTY THE ENTIRE TIME.

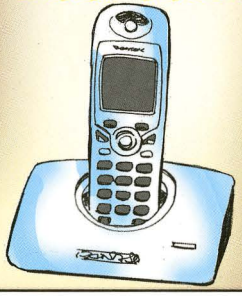


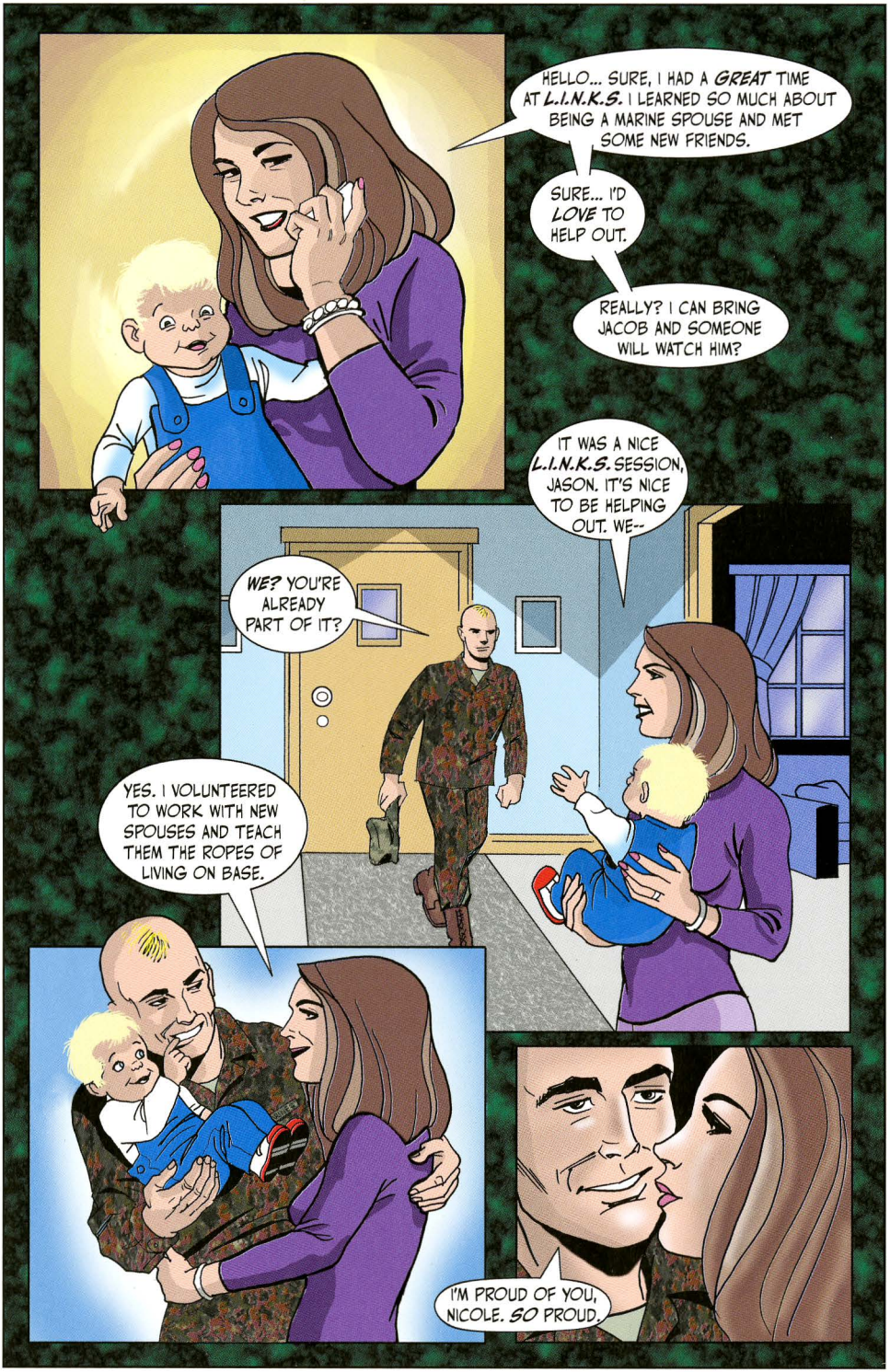
JASON'S SLEEP PROBLEMS HAVE GOTTEN BETTER OVER TIME AND HE'S STARTING TO ENJOY EVERYDAY LIFE AGAIN-- ESPECIALLY BEING A DAD TO BABY JACOB.


NICOLE AND JASON HAVE LEARNED WAYS TO STRENGTHEN THEIR MARRIAGE THROUGH MILITARY ONESOURCE FREE FACE-TO-FACE COUNSELING SESSIONS IN THE COMMUNITY.
THEYRE COMMUNICATING BETTER, AND GETTING TO KNOW OTHER COUPLES ON BASE.
US MARINES



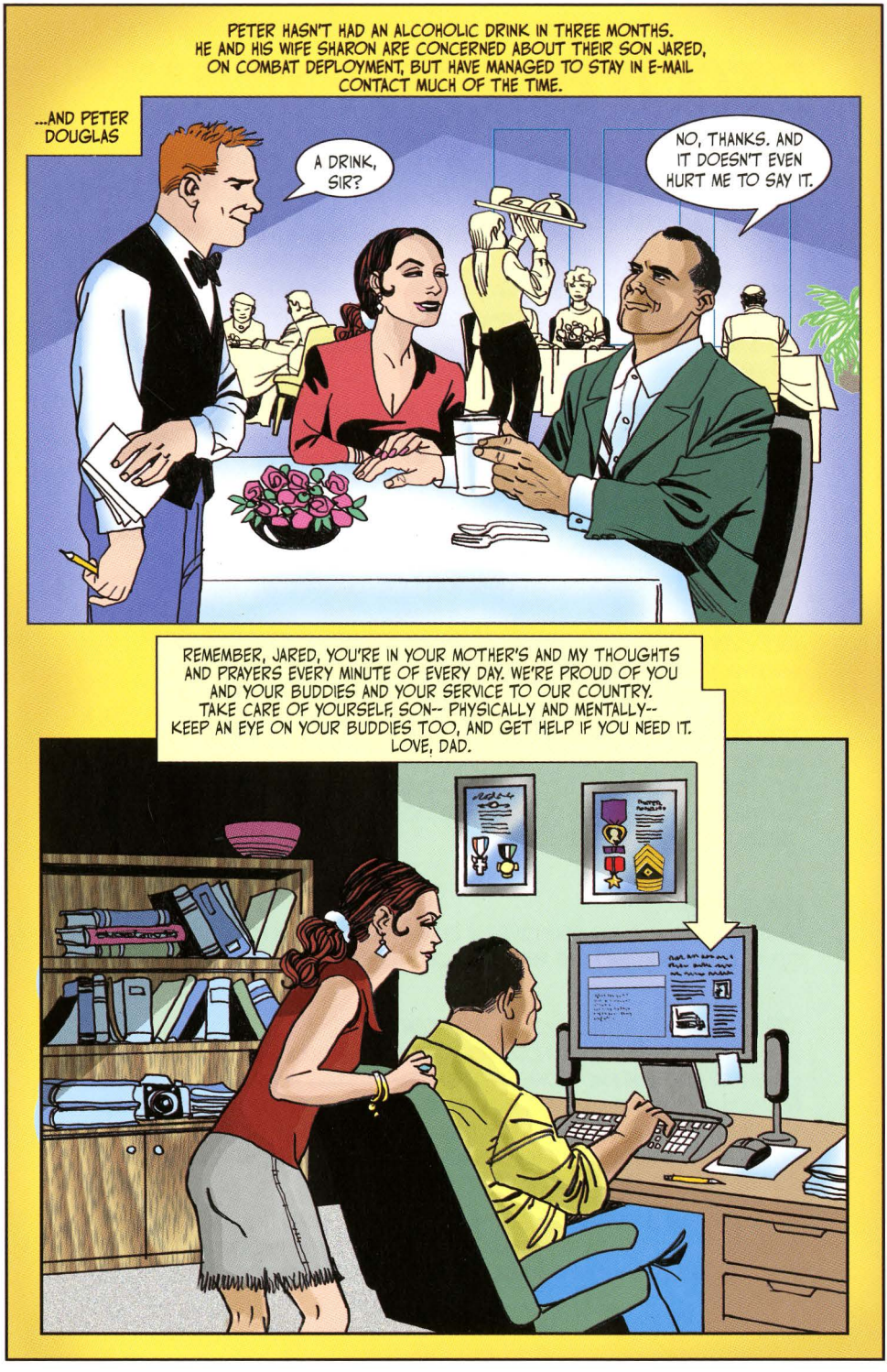





HELLO... SURE, I HAD A GREAT TIME AT L.I.N.K.S. I LEARNED SO MUCH ABOUT BEING A MARINE SPOUSE AND MET SOME NEW FRIENDS.
SURE... I'D LOVE TO HELP OUT.
REALLY? I CAN BRING JACOB AND SOMEONE WILL WATCH HIM?
IT WAS A NICE L.I.N.K.S. SESSION, JASON. IT'S NICE TO BE HELPING OUT. WE--
WE? YOU'RE ALREADY PART OF IT?
YES. I VOLUNTEERED TO WORK WITH NEW SPOUSES AND TEACH THEM THE ROPES OF LIVING ON BASE.
I'M PROUD OF YOU, NICOLE. SO PROUD.

DANNY MORENO...
AFTER A FEW DAYS OF IN-PATIENT TREATMENT, DANNY HAS BEEN RECEIVING OUTPATIENT CARE IN A MENTAL HEALTH CLINIC. THERAPY, MEDICATION, AND THE SUPPORT OF HIS FRIENDS AND JESSICA HAVE HELPED HIM RECOVER HIS HEALTH.
AND HE'S STAYED ON ACTIVE DUTY THE ENTIRE TIME.
IT'S NICE TO SEE YOU BE YOURSELF AGAIN, DANNY. AND THIS CRAZY TRAFFIC ISN'T EVEN BOTHERING YOU.
IT GETS A LITTLE EASIER EVERY DAY.
...IN EVERY WAY.

A MILITARY ONESOURCE CONSULTANT TALKED WITH MANDY ABOUT GETTING BACK TO LIFE AT HOME AFTER COMBAT. HE ALSO TALKED WITH MANDY ABOUT CHILD CARE OPTIONS, AND SENT HER A BOOKLET OF INFORMATION FOR SINGLE PARENTS.
GREAT NEWS! THAT LICENSED FAMILY CARE NEAR THE POST CALLED AND SAID THEY HAVE AN OPENING FOR MADISON THREE DAYS A WEEK.
SO YOU WON'T BE SITTING FOR MADISON EVERY DAY-- BUT YOU WILL HAVE HER TUESDAYS AND THURSDAYS.
RING
YES, THIS IS MANDY CLARK.
I'M HAPPY TO HEAR THAT, MANDY. YOU KNOW WE LOVE HELPING YOU OUT-- AND BEING PART OF MADISON'S LIFE, TOO.
OH, PAUL. YES, I DO REMEMBER YOU.
THIS SATURDAY EVENING? I'D LOVE TO.


PETER HASN'T HAD AN ALCOHOLIC DRINK IN THREE MONTHS. HE AND HIS WIFE SHARON ARE CONCERNED ABOUT THEIR SON JARED, ON COMBAT DEPLOYMENT, BUT HAVE MANAGED TO STAY IN E-MAIL CONTACT MUCH OF THE TIME.
...AND PETER DOUGLAS
A DRINK, SIR?
NO, THANKS. AND IT DOESN'T EVEN HURT ME TO SAY IT.
REMEMBER, JARED, YOU'RE IN YOUR MOTHER'S AND MY THOUGHTS AND PRAYERS EVERY MINUTE OF EVERY DAY. WE'RE PROUD OF YOU AND YOUR BUDDIES AND YOUR SERVICE TO OUR COUNTRY. TAKE CARE OF YOURSELF, SON-- PHYSICALLY AND MENTALLY-- KEEP AN EYE ON YOUR BUDDIES TOO, AND GET HELP IF YOU NEED IT. LOVE, DAD.

CHECK IT OUT...

DANNY, JASON AND MANDY USED THESE RESOURCES TO HELP WITH THE TRANSITION BACK TO HOME. THEY'RE AVAILABLE TO HELP YOU, TOO.

MILITARY ONESOURCE

1-800-342-9647 OR WWW.MILITARYONESOURCE.COM
A FREE 24-HOUR DOD SERVICE FOR ACTIVE DUTY, GUARD AND RESERVE MEMBERS AND FAMILIES.

TALK WITH AN EXPERT ONLINE OR BY PHONE ABOUT REINTEGRATION ISSUES (TRANSITION, RELATIONSHIPS, COMBAT STRESS) OR CONCERNS LIKE FINANCES, EDUCATION OR PARENTING. ALSO PROVIDES UP TO 12 *FREE* FACE-TO-FACE COUNSELING SESSIONS (PER ISSUE) WITH A PROFESSIONAL IN YOUR COMMUNITY. (ONLINE AND TELEPHONE OPTIONS ARE ALSO AVAILABLE.)

MILITARY ONESOURCE SERVICES ARE CONFIDENTIAL. NO ONE KNOWS YOU USED THE PROGRAM UNLESS THERE IS A THREAT OF HARM TO YOURSELF OR OTHERS.

VET CENTERS

1-800-905-4675 (EASTERN) AND 1-866-496-8838 (PACIFIC) OR GO TO WWW.VETCENTER.VA.GOV AND CLICK ON "FIND YOUR NEAREST VET CENTER."

FREE SERVICES FOR COMBAT VETERANS (INCLUDING ACTIVE DUTY) AND FAMILY MEMBERS. INCLUDING READJUSTMENT COUNSELING, MEDICAL REFERRALS, ALCOHOL AND DRUG ASSESSMENTS, INFORMATION AND REFERRALS. COUNSELING IS AT COMMUNITY-BASED VET CENTERS. COUNSELORS ARE VETS THEMSELVES AND UNDERSTAND VETS' EXPERIENCES.

CHAPLAINS

MILITARY CHAPLAINS AND MANY CIVILIAN CLERGY MEMBERS CAN PROVIDE COUNSELING, GUIDANCE AND REFERRALS ON REINTEGRATION ISSUES.

THE MILITARY HEALTH CARE SYSTEM

WHEN YOU NEED MENTAL HEALTH CARE FOR DEPRESSION, ANXIETY, COMBAT STRESS, OR OTHER SERIOUS EMOTIONAL ISSUES, YOUR MILITARY HEALTH SYSTEM IS THERE FOR YOU. ACTIVE-DUTY SERVICE MEMBERS MUST GO TO THEIR MILITARY MEDICAL TREATMENT FACILITY (MTF) FOR TREATMENT. YOU'LL NEED A REFERRAL FROM YOUR PRIMARY CARE MANAGER (PCM) BEFORE YOU CAN RECEIVE MENTAL HEALTH SERVICES OUTSIDE OF THE MILITARY HEALTH CARE SYSTEM.

FAMILY MEMBERS AND RESERVISTS/VETERANS COVERED UNDER TRICARE MAY GO DIRECTLY TO MENTAL HEALTH PROVIDERS IN THE TRICARE NETWORK WITHOUT A REFERRAL. GO TO WWW.TRICARE.MIL TO FIND YOUR SERVICE CENTER.

LEARN MORE ABOUT REINTEGRATION ISSUES AT:

AFTERDEPLOYMENT
WWW.AFTERDEPLOYMENT.ORG
MULTI-MEDIA SITE FOR SERVICE MEMBERS AND FAMILIES.

MENTAL HEALTH SELF ASSESSMENT PROGRAM
WWW.MILITARYMENTALHEALTH.ORG
ANONYMOUS ONLINE SCREENING PROGRAM FOR SELF-ASSESSMENT OF COMMON POST-DEPLOYMENT ISSUES.

BATTLEMIND
WWW.BATTLEMIND.ARMY.MIL
REINTEGRATION ISSUES, COMBAT STRESS, AND PTSD.

MARINE CORPS COMMUNITY SERVICES
WWW.USMC-MCCS.ORG CLICK ON "MILITARY LIFE" THEN ON "COMBAT/OPERATIONAL STRESS".

NATIONAL CENTER FOR POST-TRAUMATIC STRESS DISORDER
WWW.NCPTSD.VA.GOV

ABOUT THE POST-DEPLOYMENT HEALTH REASSESSMENT (PDHRA):
3 TO 6 MONTHS AFTER YOU RETURN HOME, YOU'LL BE ASKED TO FILL OUT THE PDHRA. COMPLETING THIS IS VERY IMPORTANT – TO YOUR HEALTH, WORK, AND RELATIONSHIPS. GO TO HTTP://FHP.OSD.MIL/PDHRAINFO/ FOR MORE INFORMATION.

Comic-book masters Sid Jacobson and Ernie Colón send a direct and compelling message about issues that many returning service members face. Issues like marital stress, drug and alcohol abuse, aggressive driving, sleep problems, and combat stress symptoms that, left untreated, can grow more serious and harder to beat.

Created with the help of service members who have returned from combat, plus military experts on reunion and reintegration.

With a detailed list of resources that help returning service members and their families with all aspects of reunion and reintegration.

Sid Jacobson was managing editor and editor-in-chief at Harvey Comics, where characters he created included Richie Rich. He was also executive editor at Marvel Comics.

Ernie Colón has worked at Harvey, Marvel, and DC Comics. At DC he oversaw production of the Green Lantern, Wonder Woman, Blackhawk, and the Flash. Mr. Colón served in the Army National Guard and in the Air National Guard as a gunner on a B-26 during the Korean Conflict.

Together Mr. Jacobson and Mr. Colón created *The 9/11 Report: A Graphic Adaptation,* the highly regarded graphic rendering of the Final Report of the National Commission on Terrorist Attacks Upon the United States, and *After 9/11: America's War on Terror (2001 -),* published by Hill and Wang.

12400MIL-0709

Military OneSource
1-800-342-9647
www.MilitaryOneSource.com